

Level 1 Belly Dance 2013
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1. Hips
 - a. Circles
 - i. Small, medium, large
 - b. Drops and lifts
 - c. Figure 8's- horizontal
 - i. Forward, reverse
 - d. maya hips- vertical
 - i. up to down, down to up
 - e. multi-dimensional
 - i. combining figure 8 & maya into one movement
 - f. Drop kick or passé/ belledi hips
 - g. Hip slides
 - i. Left, right, front back
 - h. Tunisian twist
 - i. Basic Egyptian (step hip walk)
 - j. Sameeha (step touch w/ hips)
2. Chest movements
 - a. Lift, drop, figure 8
 - b. Circles- large and small
3. Shimmies
 - a. Slow, med, fast
 - b. Left, right, circle
 - c. Shoulder shimmy
4. Undulations
 - a. Upper body forward and reverse
 - b. Full body forward and reverse
 - c. Traveling undulations, forward, side, back
5. Basic Turns
 - a. Chane
 - b. 3 step
 - c. soutanue
 - d. pivot- front to back, side to side
6. Arms
 - a. Port de brois

- b. Egyptian style- front and side
 - c. Circling head
 - d. Big circles and reverse
 - e. Pulling the rope
 - f. Snake arms (shoulder, elbow, wrist, fingers)
 - i. Side, forward, in, out
10. Head slides
- a. Side to side
 - b. Circles
 - c. Hair toss
11. Arabesques
12. Hagalla
13. Khalligi walk
14. Arabic 1
- a. add undulations
15. Arabic 2
- a. add undulations
16. Saidi 1 (step hop side w/ leg front in attitude)
17. Saidi 2 (jump, hop Efface, leg front)